



Minneapolis
City of Lakes

Minneapolis Health Department

2014-2015 SHIP Strategies for Healthy Living

The Minneapolis Health Department has been awarded a \$1.8 million grant from Minnesota Department of Health State Health Improvement Program (SHIP) to continue investing in strategies that support opportunities for physical activity, healthy eating, and tobacco-free living for all Minneapolis residents.

The 2014-2015 SHIP grants include expansion of current initiatives and new ones to create healthy environments. The Health Department developed the SHIP projects based on its previous experience and recommendations from community organizations and its Community Leadership Team.

2014-2015 SHIP Strategies

Healthy Eating

Corner Store Program- Training and store enhancements to increase the amount and quality of healthy foods and fresh produce.

Minneapolis Healthy Food Shelf Network - Assistance with communications, policies and practices to increase healthy food donations and preparations at food shelves and meal programs.

Community Gardening- Connecting residents to resources for gardening and supporting landlords and tenants with gardening on rental property.

Healthy Beverage Campaign- Partnerships with community organizations to implement a campaign to reduce consumption of sugary drinks and promote healthy beverages.

Restaurant Initiative- Training and technical assistance to help small non-chain restaurants adopt healthy food policies such as menu labeling, portion sizing, and recipe modifications.

Physical Activity

Active Living for Seniors: Improvements to the walkability around senior buildings and on-site fall prevention and physical activity classes for public housing residents.

Obesity and Tobacco in Minneapolis

Obesity and tobacco use are the most common causes of chronic disease such as asthma, heart disease and diabetes.

50% of adults in Minneapolis are overweight or obese.

Some Minneapolis neighborhoods experience smoking rates twice as high as other neighborhoods; 81% of adult smokers in Minnesota began smoking before they were 18.

Less than half of Minneapolis residents get the recommended amount of physical activity; 70% of children do not eat recommended amounts of fruits and vegetables.

Tobacco-Free Living

Tobacco-free Housing- Protecting renters from second hand smoke through tobacco-free building policies.

Comprehensive Strategies

healthy eating + physical activity + tobacco-free

Healthy Schools- Support for bike-walk to school programs, wellness councils, and salad bars in Minneapolis public, charter and alternative schools.

Healthy Child Care- Development of neighborhood-based learning groups to help child care provides improve nutrition, physical activity and breastfeeding-friendly practices.

Worksites Wellness- Improvements to City of Minneapolis tobacco-, food, and breastfeeding policies and practice and support to small employers that want to adopt wellness practices.

Health Care- Training and support to health care providers in community clinics to support patient goals around weight loss and smoking cessation.

Community and Youth Driven Healthy Living- Outreach, technical assistance and funding to youth, cultural and neighborhood organizations to implement community-driven health improvement initiatives around healthy food, physical activity and tobacco-free living.

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The Statewide Health Improvement Program (SHIP), an integral part of Minnesota's nation-leading 2008 health reform law, strives to help Minnesotans lead longer, healthier lives by preventing the chronic disease risk factors of tobacco use and exposure, poor nutrition and physical inactivity. For more information, visit www.health.state.mn.us/ship

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